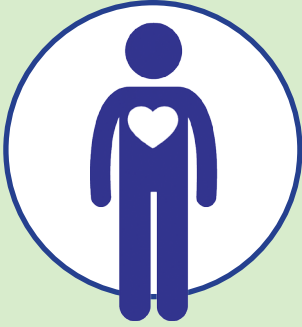


# KNOW YOUR CHOLESTEROL

## Reduce Your Risk of Heart Attack and Stroke

### STEP 1



**Learn about your risk of heart attack and stroke.**



#### Ask yourself ...

Are you overweight?  
Do you exercise?  
Do you eat healthy?  
Do you smoke?



Do you have high blood pressure?

Do you have diabetes?



Has anyone in your family had a heart attack or a stroke?

### STEP 2



**Talk to your healthcare provider.**



Ask about your risk for heart disease and stroke.



Get your cholesterol checked.



Know your cholesterol goal.

### STEP 3



**Once you know your goal, take action!**



Follow the diet you and your provider agreed to.



Keep a daily journal of what you eat and how many minutes you exercise.



Follow your provider's advice—if you are on medicine, take it.

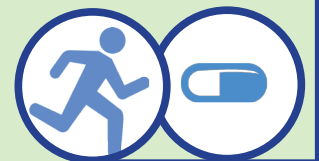
### STEP 4



**Follow up with your provider to see if you're meeting your goals.**



Get your cholesterol checked again.



If you eat healthy, exercise more and take your cholesterol medicine, you are less likely to have a heart attack or stroke.

